

# Healthy Living Strategy: Lawn Care

## Watering

Proper watering practices can mean the difference between a healthy and productive lawn and a disease-plagued lawn with a shallow root system.

Excessive watering will lead to poor growing conditions and increase the incidence of disease and pests, while frequent, light waterings encourage shallow root growth and weakened grass.

### Watering Tips

- ♣ Water your lawn deeply and infrequently.
- ♣ Your lawn should only require one inch of water once a week. Measure the amount of water by placing a container on the lawn while it is being watered.
- ♣ Water as needed rather than on a set schedule.
- ♣ Often rain will provide your lawn with all the water it requires.
- ♣ Water in the early morning (before 8 a.m.) to reduce the amount of evaporation. Watering during the late evening is not recommended because cooler temperatures and sitting water encourage disease.
- ♣ Grass growing near large trees may need more frequent watering as the tree roots may use much of the soil water.



Cool season grasses go through a natural and protective state of dormancy during hot, dry periods. A healthy lawn can survive several weeks in a dormant state, where it may wilt and turn brown, but will green again when regular moisture conditions return.

Avoid overfeeding your lawn with nitrogen, as the grass blades will grow more quickly and your lawn will require more water. However, extra amounts potassium and iron has been shown to enhance root growth and improve drought tolerance.

